



# *Keeping Your Joints Healthy*

## Why is joint health important?

A joint is a connection where two or more bones come together, like the knee, hip, and shoulder. Healthy joints have cartilage, which acts as a spongy shock absorber on the ends of the bones to prevent them from rubbing against each other and causing pain.

## What do your joints need to stay healthy?

- Exercise such as walking, jogging, or swimming. This regular movement helps keep the muscles around your joints strong, and strong muscles take the strain off the joints.
- A healthy diet and maintaining a healthy weight. Extra weight adds stress on your joints, which can cause knees and hips to ache. Try eating less fat and sugar, and more fruits and vegetables.
- A healthy lifestyle. This means getting enough sleep, exercising, and eating well.

## Find out more!

The National Institute of Arthritis and Musculoskeletal and Skin Diseases, National Institutes of Health, has **free**, easy-to-read information about joint health. Download or order these and other topics at <http://www.niams.nih.gov/multicultural/>, or call toll free at **877-226-4267** (TTY: 301-565-2966).

- Joint Replacement Surgery: Health Information Basics for You and Your Family
- Knee Problems: Easy-to-Read Fast Facts
- Senior Health <http://nihseniorhealth.gov>
- Shoulder Problems: Easy-to-Read Fast Facts



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Arthritis and Musculoskeletal  
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